

SURVEY ANALYSIS

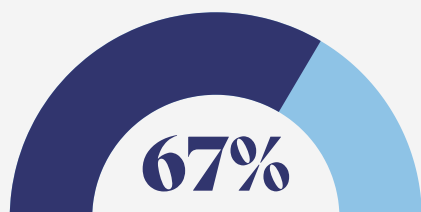
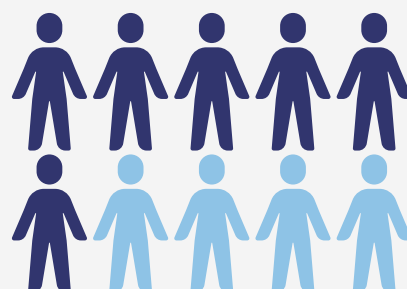
Franklin Vision & Screen Data

On March 2nd, 2022 The Franklin Health Department released a survey to the community regarding vision and screen usage; 168 responses were received. The survey was created to understand how screen time (i.e. computers, smart phones, iPad, gaming, television, tablets, etc.) correlates to vision issues; as well as how the COVID-19 pandemic effected screen time. Below are the results.



The majority of respondents answered that they look at a screen 7–10 hours a day

6 out of 10 people reported their screen time has increased since 2020



67% of people answered they take screen breaks due to eye discomfort



Screen time changes due to COVID-19 restrictions

46% of respondents reported their personal screen time increased

38% of respondents reported their work / school screen time increased



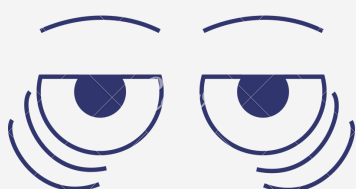
Screen time changes due to COVID-19 restrictions

36% of respondents reported they would rather spend time on screens than go out

71% of people answered they are nearsighted or have noticed their vision worsening



High levels of screen time can increase your risk of developing nearsightedness by 80%



Respondents reported looking at a screen for long periods of time causes:

- Eye Fatigue (46%)
- Headache (32%)
- Dry Eyes (30%)
- Blurry Eyes (28%)
- Trouble Focusing (26%)

Tip for Eye Health!

20-20-20 RULE

Every 20 minutes, look away from screen 20 feet in front of you for 20 seconds!

